

The spiritual conversation

is an invitation to participate in a dance, where speaking and listening, silence and sound, giving and receiving flow and weave patterns of connection and belonging. We need intentionally and consciously to agree to create a safe and welcoming space for the dance to freely flow with grace.

The most important part of our conversation is listening. When we listen deeply with the ear of an open heart we are creating spaces of reverence and welcoming both within our self and between us. We listen with attention and respect. We listen for the similarities and delight in the resonances between us. We allow the differences and embrace them with tenderness. This is a place where everything belongs and everyone's experience is held with care and is valued.



When you are sharing, share from your heart and your experience, speak from 'I', not 'you' or 'we'. Share what you feel comfortable sharing, and try to keep it brief and clear. This is not the place to comment on another person's share, or try to 'help' or 'fix' problems. If you speak simply and from your heart you will be offering us all the gift of your deep wisdom.

Times of silence, as we ponder what has been shared are appropriate and necessary, don't rush to fill the silences.

Also, there is a place for questions, for seeking practical help with aspects of your practice that you are finding challenging – or with the experiences of allowing the fruits of your practice into the rest of your day.

We agree that what is shared here is confidential and not shared with anyone outside our 'room'.